

Mind Mapping A Necessity For Effective Learning

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BY MINOO JOKHI

Roy T. Bennett had rightly said about the mind: "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."

These are wonderful words that highlight the limitations of the mind when shrouded by fear – and the possibilities of the mind when inspired by the right dreams and emotions. And a very wonderful technique to use the mind effectively is Mind Mapping.

Mind Mapping is a wonderful and effective tool and you must allow it to work for you. A Mind Map is a tool for the brain that captures and recollects the thinking that goes on inside your head. Mind mapping helps you think, analyse, collect knowledge, remember and create ideas. Also it enables you to become a better thinker.

A Mind Map is usually created around a Single Thought, drawn as an image in the centre of a blank page, to which other associated representations of ideas such as images, words and parts of words are added. Major ideas are connected directly to the central idea and thought and other ideas then come out from those.

Uses of Mind Mapping

Mind Mapping can be used for many reasons. Some of them are:

- 1) To structure relevant information clearly
- 2) To improve reading comprehension
- 3) To make a person more creative in thought
- 4) To inspire someone to be more productive
- 5) To improve memory and recollecting powers

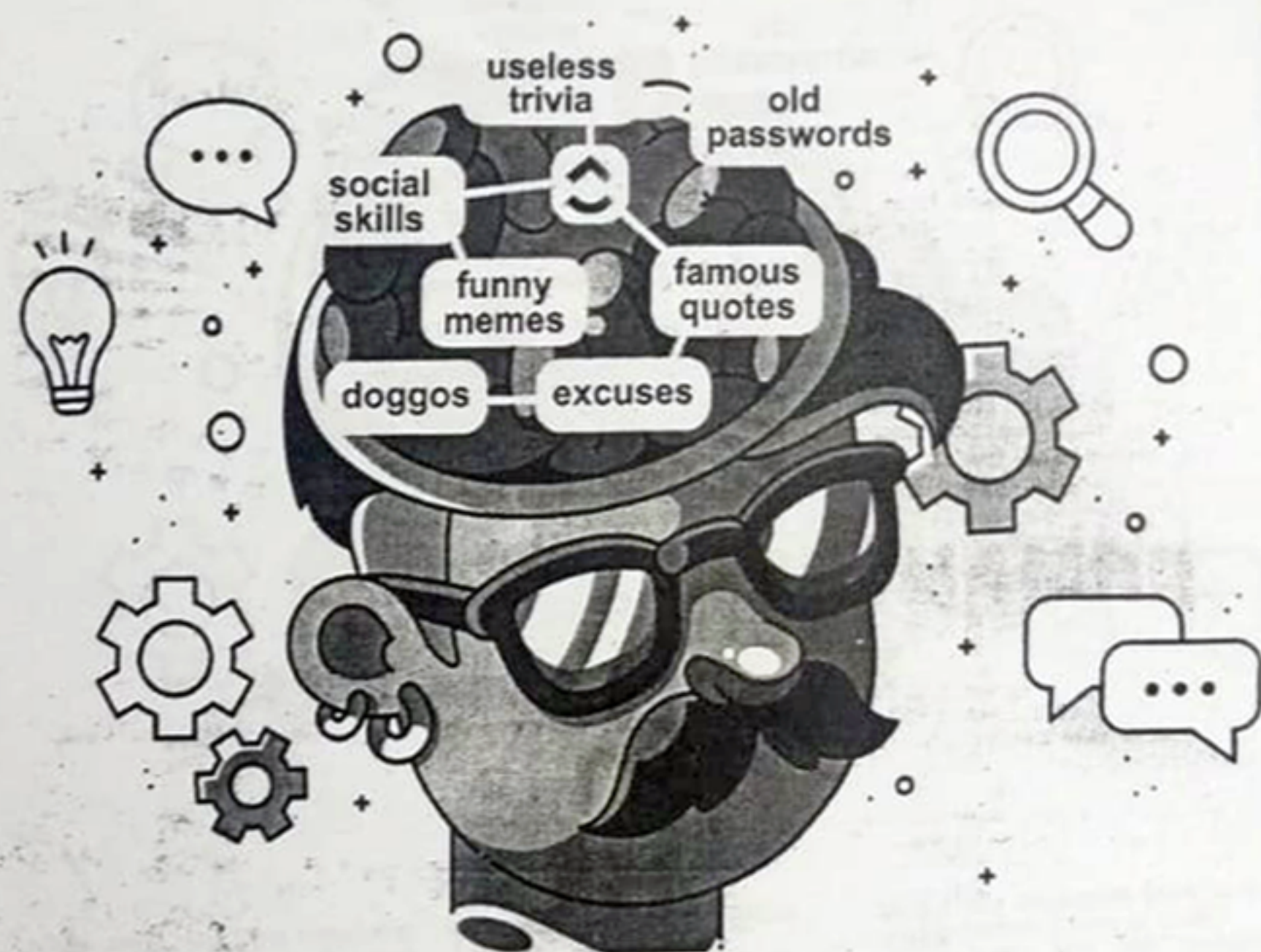
Mind Maps can be drawn by hand, either as "rough notes" during a lecture, meeting or in a planning session.

Mind Mapping Process

The following are salient features of the Mind Mapping Process...

1) Start With Your Main Idea:

Write the idea in the middle of a blank sheet of paper. Then list the first idea that comes into your mind. After which, write down any similar thoughts. As you exhaust ideas on a topic, move to the next idea. Note down all related points. Keep on doing this again and



again until you have exhausted all the thoughts and related points you want to cover.

2) Be Continuous And Steady:

A pinball machine can bounce around very quickly to numerous ideas before it comes up with a logical answer. This is one of the models, which can be used for the mind.

Suppose someone says something to you and, in turn, you pause for 60-90 seconds and then reply. Your listener asks you from where your response came?

To this you answer: "You said this, which reminded me of that, and that made me think of that, and that's why I said that to you!" This is because for you the thought progression was very logical, but anyone else looking at it may not see how you got your reply from the earlier comment.

3) Make Sure You Use Key Words:

Do you know that human beings think faster than they can write? The human mind can think of approximately 1,200 to 1,600 words in a minute. On an average, most people only write freehand 25 to 35 words a minute.

The best of us can type a little more than 100-125 words in a minute. The key concept is to think in bullets and jot down one or two words that capture the concept in the mind. In this manner, you

won't slow down your thinking.

4) Connect To Things That Relate In A Free Way:

When two topics relate to one another, then draw an arrow to connect them. Draw the arrow with the same colour as the rest of the Mind Map or with another colour to clearly signify the intended connection.

5) Try Short Bursts:

Time yourself for 10-12 minutes. Then take a break. Sit back. Look at your Mind Map. Now do something else. Afterwards, spend another 5-7 minutes adding, modifying and adjusting.

Benefits of Mind Mapping

Mind Mapping saves the time it takes to develop a presentation, a report, an article, or a letter by approximately 50 to 65 percent. It allows you to use words to visually relate concepts and information in ways that are very interesting.

Always remember the potential of human memory. It is capable of much more than what we can imagine. Why do we always have to over rely on technology? Barely 20-25 years ago we used to remember many phone numbers by rote; today we just feed it into the mobile phone and even the most necessary phone numbers are not there on the tip of our tongue. I personally never save any num-

bers; I just memorize them and I can remember plenty of them!

The more you use memory techniques effectively, learning and recollecting becomes easier. Also stop your tension filled life; instead be relaxed. As a Chinese proverb says: "Tension is who you think you should be; Relaxation is who you are". Relaxation is very essential to create a stress free, rich, stimulating environment and it releases energy to learn better.

In conclusion, the Mind Map is such a useful tool, which helps an individual as it helps you see not only what is there, but also what is missing. But one has to not confuse a Mind Map with Concept Map as a Mind Map focuses on just one word or idea, whereas Concept Maps connect multiple words or ideas.

MATHS TRICK

Take 2 numbers ending with 4 and 6. The first digits have to be same. E.g. 74 and 76. Multiply 4 and 6 and we get 24 and the first digit 7 multiplied by 8 (next number) and the answer is 5624.

Also 24 x 26 is 624 and 184 x 18 is 34224. Cool trick isn't it? Now practice it and try it with your friends and they will proclaim you a genius!